General Recommendations for Safety During Recreational Public Exercise

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| Comment | Environment | Place |
| Exercise as long as you follow social distancing guidelines—at least 2 m/6  feet apart (if there is use of face masks) but “further is safer” | Outdoor | Parks or open public space |
| When face masks are not used more extensive distancing measures (up to  10 m of distance among persons) should be adopted in indoor environments. In general, increasing distances are recommended for increasing intensity of exercise | Indoor | Gyms and fitness centres |
| Implement protective measures such as wearing masks (when possible) and completing daily health checks for symptoms | Indoor |  |
| Limit the number of people in the facility at one time, ideally vary between  10 m2 and 15 m2 per person | Indoor | Gyms and fitness centres |
| Limit the time people spend exercising in the indoor environment to decrease  exposure time | Indoor | Gyms and fitness centres |
| Using natural ventilation, increasing the ventilation rate, avoiding air recirculation, and guiding people to avoid staying in another person’s direct air flow in indoor environments | Indoor | Gyms and fitness centres |
| Prefer low-moderate intensity exercises rather than strenuous exercise – Increasingly vigorous activity will result in greater droplet spread | Indoor/outdoor | All |
| Cleaning, ventilation, and disinfection processes are required in group exercise  spaces with at least a 10–15 min period between classes | Indoor |  |

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